



LAKELAND ORIENTEERING CLUB

Maprun Challenge



Your time, your pace, your adventure.

Walk with the family, explore an area or compete against others as quickly as you can.



WHAT IS ORIENTEERING?

Orienteering is lots of fun!

The sport is all about having an adventure and using a special map to find checkpoints spread around a park or other area. You can walk or run and take part individually or in a group.

HOW DOES VIRTUAL ORIENTEERING WORK?

An anytime-orienteering course is created for you to complete and capture with your smartphone or GPS watch. There are no physical markers to be seen at the controls - instead we use an app called MapRun to identify and record when each control has been visited.

The challenge is in navigating your own route and capturing control points. At the end of your course, your results are displayed and are stored on a server so you can see your ranking compared with other people who've completed the same course.

WHERE CAN I TAKE PART?

The LOC Maprun Challenge has courses suitable for families and beginner orienteers in a range of parks and adventurous areas across the South Lakes.

WHAT DO I NEED?

Just download the free Maprun app.



WHAT TYPES OF COURSE ARE THERE?

Our challenge has two types of courses;

Line course - your aim is to find all the controls in the right order as quickly as possible.

Score course - this is where you have to find as many controls as you can in the time limit. Each control is worth a number of points; The highest number of points wins. You will lose points if you are late back.

HOW DO I GET STARTED?

Send an email to kathfo@lakelandoc.uk to request your free printable PDF maps. Just let us know which of the courses you would like to try. Further information on how to use the Maprun app is on our website.

START
HERE



ORIENTEERING TIPS

Look at the map legend and see what the different colours refer to.

Fold the map so you can easily focus on the bit that matters at the time.

Turn the map so the way you're going is always straight ahead. You can use a compass for this, or you can do it simply by looking around you. Turn the map each time you turn a corner - this is called keeping your map SET.

Use your thumb to keep track of where you are as you walk, jog or run. Watch for path junctions and other points to "tick off" as you pass them.

Visit the controls in the order shown. Control descriptions tell you the code of the marker you'll find, and a brief description of the feature that it's on.

Control descriptions might look confusing, but if you simply navigate to the centre of the circle, you'll find the marker.

The course is marked by straight lines between the control circles but you might use paths that are less direct. If you're doing an Orange course (or harder), you'll have some route choices - often a matter of choosing between a longer run along paths or a shorter, more direct route.

Look at the map scale; work out what distance is represented on the ground by a centimetre on the map. How many double-paces will it take you to cover that distance?

Focus on getting your navigation accurate and run at a speed which allows you to do that



WHAT IS THE MAPRUN CHALLENGE?

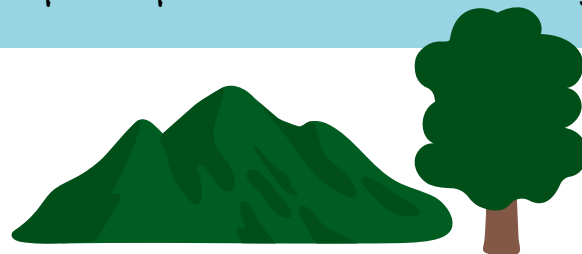
In your own time, we challenge you to have a go at as many of our Maprun orienteering courses as you can. Use our special google form to keep a record of the courses you complete. You can also receive a certificate for your participation and LOC junior members will receive Explorer points towards their badges.

MORE INFORMATION ON THE CHALLENGE

Keep an eye on our Website, facebook and Instagram pages.



lakeland-orienteering.org.uk



Family " Challenge



EXPLORING TOGETHER



CONTACT US

If you have any questions about the LOC Maprun Challenge, please email our development officer kathfo@lakelandoc.uk